January
1928

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THE BREADTH OF LOVE

Be not too narrow in conception, dwelling upon the detail to the exclusion of the whole;
But acquire a clear perspective that gathers in thy brother with thyself,
For Love doth make thee one with every soul:
Thy brother's good and ill thy very own! . . .
Thy brother then whom thou meetest:
Touch him not with a reservation of what has been or what might be,
Nor pass him lightly by with a mind preoccupied,
With a light dispatch, intent upon the something else,
Thine own blindness proving,
Indicating that truly thou seest him not, nor dost hear the Word within his word:
But with courage and with love, meet thou him face to face, for Love hath eyes that see,
Communing with the shining One within thy brother!

—The Cloud and the Fire.

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A magazine whose spirit of good cheer radiates not only from its printed page but also from the heart of him who accepts it as a friend.

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BECAUSE OF SOME GOOD ACT

Let me today do something that shall take
A little sadness from the world's vast store,
And may I be so favored as to make
Of joy's too scanty sum a little more.

Let me tonight look back across the span
'Twixt dawn and dark, and to my conscience say
Because of some good act to beast or man:
The world is better that I lived today.

—*Selected.*

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WHY NOT?

I've just wished myself "Happy New Year,"
But first I remembered each friend;
It was quite a strange thing to do, dear,
So "wishing" now comes to an end.

I've promised myself to be merry;
It matters not what is the game.
I want to be light-hearted, airy,
To always be poised and the same.

I've promised myself to be healthy;
I've taken the pledge to be strong.
My soul wants to be rich and wealthy;
My heart wants to be filled with song.

I have not a fear in confessing
The vows that I've made now and here.
I anticipate ev'ry new blessing
And joy that will come through the year.

MY LETTER TO A FRIEND

Dear Dr. Davidson:

If you had not discovered that I have identified myself with a modern cult of healing (as you call it), we should not have had this opportunity to renew our acquaintance. Aside from being delighted at having learned where you are now located and having you confide in me some of the problems which present themselves in your new location, I am very much interested in what you call a comparison of the faith of our fathers with the teachings of the metaphysical cults of healing.

I followed your advice and looked up most of the Bible references, some of which are quite familiar to me and others not so fresh in my mind. With some of the new ideas has come a renewed interest in the Bible and, incidentally, a definite awakening.

Your question, "Where has this newfangled truth been all these years that the Bible students have not discovered it?" is strangely familiar to me because I have often asked the same question and have wondered how any sincere seeker after Truth could let it evade him. I think that the difficulty has been this: Too many investigators hold to old ideas. If a newly found truth does not meet the measure of the old conception, they brand the newly found truth heretical or spurious. If one holds to the intricacies of dogma, his mind is not receptive to simple truth.

You speak of the old-fashioned religion of your father and your mother as being good enough for you. We often speak flippantly of staying with the same

political party with which our forefathers were identified, but is it not a little far-fetched to think of one's religion in the same way? I know you will pardon a personal reference: Do you think that the religion which your parents embraced was entirely sufficient for them? As I recall your parents, it does not seem that either one of them was especially happy or healthy or enjoyed many blessings in life. I am sure that neither of them was content with the life of privation to which they resigned themselves.

Many persons feel that religion should be hallowed with mystery and placarded, "Hands Off." Why should they take this attitude, when they criticize most other things? What if your brother Leo, one of the best chemists in the state, should take the attitude that scientific teachings and theories of other days are too sacred to be investigated or improved? Cannot religion defend itself if put to the test?

Why should not the searchlight of Truth be turned on religion just as on anything else? Religion, after all, is man-made. It is a system of faith and worship by which man indicates his recognition of the existence of God. Remember that systems of worship and religions change. The vital truths of God, which man seeks to understand through religion, never change. Religion should always be the servant of the seeker after Truth. When man questions religion he but questions the beliefs which he and his fellow men have entertained. This is no disrespect to God or to Truth.

Your belief that the Bible should be literally interpreted no doubt is quite inconsistent at times. I

recall hearing of the following incident which took place one time in a primary Sunday school class: The teacher was reading the ninety-first Psalm, according to the Authorized version. She had just finished the verse: "He shall cover thee with his feathers." One little fellow was bewildered and with eyes and mouth wide open said, "My verse last week said God has fingers. How can He have both fingers and feathers?" The teacher was reported to have answered, "Well, if we are good little boys we will believe just what we are told. Possibly, after all, they are not real feathers." This was not sufficient for the juvenile heckler and he came back with the poser: "If God makes real feathers for the ostriches and things, why should He wear artificial feathers Himself?"

You can see that we have to do more than follow blindly the teachings of religious people who have gone before us. If they did not interpret the symbolical language and grasp the deep, spiritual truths of the Bible, we should not hesitate to try to discover them for ourselves.

Does Unity School make a god of right thinking? Do you think that other schools do so? In the many years that you were in school, right thinking was emphasized on every hand. Only by right thinking can one unlearn the things which have previously been taught him and which he has found to be erroneous; only by right thinking can he escape ignorance; only by right thinking can he establish Truth in his mind. Education is simply a process of thinking correctly upon some given subject.

You say that man can only contact God through prayer. Again, right thinking plays a part. The prayerful attitude exalts man to the higher thought that carries him into spiritual consciousness. In Unity teachings, right thinking is but a means to this end, the higher consciousness. For this reason a study of Truth, in the spirit of devotion, helps to bridge the seeming gap between man and God and to establish a stronger union between them.

You say that the right mental attitude has some effect in preserving health but you think that Unity instruction overestimates the value of right thinking in restoring man to health. Remember that we teach that right thinking is of educational value to the mind. Right thinking does not directly bring about physical health. Right thinking is but a step toward making spiritual contact with God. Spiritual and physical regeneration is an ultimate outgrowth of mental regeneration.

Divine healing does not come about by psychological processes. The healing work of Jesus as recorded in the Bible came through His having awakened, in those who came to Him for healing, a realization of their inner spiritual forces. The teachers in Unity School of Christianity seek to awaken men to the same regeneration and the same conversion (change of heart) which leaders of the old-time religion taught. But they carry the work further: They help the individual to apply Christian principles to his physical and other immediate needs.

Unity teachings give little thought to the historical or literal side of the Bible. Much attention is given

to the mystical and inner meaning of the book, and especially to the teachings of Jesus. The student is taught to find that God is not afar but is at the very center of his being. He is taught that Truth can be applied to his daily needs. Every problem can be solved through recourse to the inner forces, the deep channels of spiritual energy, the very presence of Spirit.

The problems which have presented themselves in your new location have a solution. As a minister, your present work is to find the vital truth of Christianity, and learn not only to apply it to the problems of your church but also to teach your parishioners that Christianity is something so vital and so practical that it can be applied to all of their problems—mental, physical, and financial.

If the parish to which you have gone has not been able to draw the people, the reason is quite simple: It lacks something living and magnetic. You will need to discover a truth in the teachings of Christ that is so vital and so attractive that men will literally fall over one another to get to you and learn about it.

You say that people seem so indifferent to religion nowadays. Let me tell you something: About a year ago, I heard that a lecture on practical Christianity and metaphysical healing was to be given at a church one evening at eight o'clock. I went to that church a few minutes after seven, and found virtually every seat taken. Were these people indifferent to religion? Do you think that the board of that church has such problems as you mention in your letter? Somehow, we do not think that there is the right spirit

in a business which does not draw the people; why should we think that the right spirit is in a church which people avoid? What would you think of a cigar store or a garage which had to give an oyster supper or a mock wedding in order to pay its rent? Would you take your business there?

You think that Unity has started a new religion. One of the beautiful things about Unity is that it does not seek to compete with the churches. You will find no criticism of another's religious views in its publications. Its work is entirely nonsectarian, undenominational. Many ministers and church members come to Unity teachers for help. Ministers are not asked to leave their churches to embrace Unity. The Unity work is to make practical Christians out of church members. Unity School is but a vehicle used to awaken people to vital Christianity. You need not worry about sects or denominational differences. Learn the truth and give it to your people. If you are loyal to Truth you will find that Unity requires nothing else of you.

Again, cease to think of Unity as some new-fangled religion. The teachings are new to many people but they are not new truths. Truth is like a golden thread running through the fabric of religion. In some religions it is quite in evidence; in others, it seems almost obscured, at times.

Speaking of traditions and dogmas such as you think Unity teachings overlook, have you ever thought of this: Suppose that all these dogmas, traditions, and religious legends were absolutely blotted out at the present time; suppose that there were left no trace

of some of these little pet doctrines over which religious people argue and dispute; suppose that there were no human authorities to interpret religion for us, no confusing religious commentaries; suppose that we were primitive in our religion, having only a sense of the presence of God within us and a knowledge of the teachings of Jesus Christ—do you think that Christianity would feel the loss?

Is this a plea to discard the time-treasured dogmas and traditions of our ancestors? No, my friend, simply a plea for that which is vital and practical. Men much in need of peace and health may become slaves to some religious system, either as teachers of it or as students. Men even give up faith in God and humanity simply because the vitality of Christianity is somehow withheld from them.

Your letter, to me, gives the impression that you are too proud to give up a view of the Bible and of life which you and your parents have held all of these years. If you would serve humanity to the best of your ability, you may have to give up the religious views of your parents. Has the fact that you have been loyal to the religious views of others made your own life any richer? Could it possibly do so?

Unity thought seeks to teach one to find his own indwelling Spirit, to find the kingdom of God within him, to know that God is with him at all times, to know that God is his very life and being, to recognize that love for his fellow man fulfills the law. Do you not agree with these simple propositions? Then take them as your own. You need not even give Unity credit for pointing out the way to you. God gives

Himself to you when you learn His Truth. Start with these simple facts and gradually build up a consciousness of Truth. You need not leave your church or make some revolution in yourself.

One thing is essential: a nonresistant attitude. If you find something in the Bible or learn something which does not coincide with explanations given you as a theological student, do not be resistant. Go to the concordance in your Bible and look up such references as you find listed under the words God, heaven, quietness, faith, love, truth, life, healing, joy, and courage. In some of these the real meaning may be obscured and disappointing but you will find others which will give you just what you need. Translations of the Bible are not always accurate. Many Unity students have several versions of the Bible, and when a passage seems obscure they study the various translations.

Be faithful to daily prayer. Unity School does not teach that any special physical posture is necessary. Sitting comfortably helps to bring about a more restful attitude than kneeling or standing. The prayer we generally use is the Lord's prayer with some other prayer especially worded for the immediate need. These prayers we call affirmations or declarations of Truth. The individual can easily word his own declaration unless he is a beginner. Some declarations which have been used over and over by a number of students become very popular and are quite efficacious. Even a simple declaration such as this will bring results if one is in the right frame of mind:

Turning from outer things, I direct my attention to God within my own breast. I am now at-one with Him, one with His wisdom, peace, and life.

If this matter of looking within for God is new to you, you will need to feel after God. You will need to open inner channels through which God may express Himself in you and through you. Do not become discouraged in this mystical practice. You will finally come to the place where in a very short time you can turn within to God and absolutely feel His presence.

You will find that this method of prayer will bring about a peace of mind and a freedom of body such as you have never had before. You will feel a stream of healing life within. You will feel love for every one you know. You will find that you have wisdom and understanding sufficient to handle all your problems. And then—you will be so filled with the new discovery that you will want to tell it to every one. Your life and your religion will have a new meaning. What is it that you will have found? Some newfangled idea? Some anti-Christ? Reserve those questions until later; then answer them satisfactorily for yourself.

Have you not dreamed that somewhere, sometime, an understanding of life and of Christ would come to man? Do you not feel that your parents dreamed the same dream? We all have dreamed that dream, and it has come true. It is in your power to have this dream fulfilled right now.

Sincerely and lovingly,

A. T. Davis.

SUNDAY, JANUARY 1

This is my watchword for today: *The renewing, transforming power of Christ is now stirring me to new ideas and to new life. I am mentally and physically renewed.*

Today I greet the world and all its people with a new vision and with a new outlook upon life. New ideas and new thoughts fill and refresh my mind and I see all persons and all things in a new light. I look through new eyes and I see the possibilities which yesterday remained undiscovered.

The presence of Christ in my consciousness relieves me of all mental fatigue and I am mentally regenerated and refreshed. The ideas of the mind of Christ now come forth as my ideas. These convey new life and tonic to the cells of my brain.

The new ideas and new life which course through my brain now externalize in my body and I am physically renewed. My body is relieved of all stagnation, all dead cells, and of every impurity. No belief in age, disease, or weakness can affect this new and perfect body of mine.

My whole world is renewed because I have a new viewpoint of life. I see myself freed from limited beliefs about myself and about others. I behold myself as I am in God—whole and perfect.

The quickening energy of Spirit is now working in me mightily, transforming me into newness of life.—*Unity Calendar for January.*

MONDAY, JANUARY 2

This is my watchword for today: *I patiently await the good, and I anticipate its manifestation in every experience.*

I am not anxious or impatient about the outcome of any situation. I know that God is now doing His perfect work in all my affairs. There is no occasion for personal anxiety.

I expect the good to manifest in my affairs and I stand witness to its perfect manifestation. I do not anticipate evil. I do not look for anything but the good.

I know that my every good deed will be compensated and that I need not worry about my reward. I patiently know that all that I do will be blessed by the Father and that the fruit of my deed cannot be delayed in reaching me.

There is nothing which can hinder the coming of God's good to me. There is nothing which can delay the bountiful blessings which the Father bestows upon me. There is nothing to cause me to be fretful or anxious. I trust God and I know that in His own good time all that I desire will come to pass. In Truth there is no time or delay.

I am patient because I know that neither God nor His blessings can be hindered by any belief in time. I know that even now God is causing me to behold the presence of every good that I desire.

Patience in well-doing.—*Rom. 2:7.*

TUESDAY, JANUARY 3

This is my watchword for today: *Dwelling in the presence of God, I have no sense of fear. I am unafraid and courageous.*

Abiding in the presence of God, I am free from all belief in fear. In God I am safe and secure from all harm. Established in God I am unafraid.

There is nothing to fear because there is nothing to make me afraid. There is nothing in the outer that in any wise can dominate me. Only God within me has power and presence.

I have no fear of people. In each person I behold God even as God is within me. To each one I speak words of peace, love, and fearlessness. God within me speaks to God within each one and there is nothing for any of us to fear.

I have no fear of the future. I dwell in the eternal now. I am now in the midst of heaven. There is nothing in the past, the present, or the future to fear.

Courage fills every fiber of my mentality and all my thoughts are strong and courageous. I recognize but one presence and one power—God. My every thought is blessed by the presence of God and by His fearlessness.

My body is free from all belief in fear and I am peaceful, relaxed, and secure in bountiful health.

I am the God of Abraham thy father: fear not for I am with thee, and will bless thee.—*Gen. 26:24.*

WEDNESDAY, JANUARY 4

This is my watchword for today: *I have faith that all things are possible with God in the midst of me.*

There is nothing which I cannot overcome since God in the midst of me is all powerful. I have supreme faith in God and unswerving faith in myself.

There is nothing too difficult for me to accomplish because God at the heart of my being knows neither difficulty nor failure. As the avenue through which God expresses Himself I have abounding faith that God through me does all things well.

I have faith in the power of my constructive and healing thought. I know that the mind of God exercising itself through me is mighty to do His work well.

I have faith in the power of my word. Declaring truth from spiritual consciousness, I know that the very power of God dominates my affirmations.

I have faith in the healing power of God. I know that this power is as strong today as it was in the days of the apostles. I know that my confidence in my innate power to heal is right now lifting me to perfect health.

I have faith in my fellow man. I know that God in him is now exalting him to a consciousness of better and nobler things. I have faith in the members of my household and in all my business associates.

A faithful man shall abound with blessings. —*Prov. 28:20.*

THURSDAY, JANUARY 5

This is my watchword for today: *God, the principle of life and truth, rules my every thought, word, and deed and I am divinely inspired and guided.*

God, the good, is the principle and law that governs my every thought, word, and deed. Knowing the truth that I am governed by God, the Principle of truth, I cannot be under the domination or the government of evil and adversity.

I am willing to refer all things to divine Principle and to be ruled in all matters by the decision of God. I know that there is no law or principle but the principle of God to govern me. I know that sin, disease, inharmony, and limitation have no laws or principles.

Unless God, divine Principle, is back of something, there is nothing in it. Since God is not back of disease and limitation these, in Truth, are unrealities. Since there is but one God, there can be but one principle of Truth.

Knowing God, I know the truth. I can apply Truth to my mental, physical, and financial problems because I know that God helps me mentally, physically, and financially. Established in Truth, I am eternally ruled by its principle; I am under no government but that of the law of God.

Ye have need again that some one teach you the rudiments of the first principles of the oracles of God.—*Heb. 5:12.*

FRIDAY, JANUARY 6

This is my watchword for today: *Because God is in the midst of me, I cannot be unloving toward any one. I am always kind and loving.*

The love of God now active in my heart and in my innermost being keeps me from all thought of hate. I cannot be unloving, neither can I be the object of another's dislike. God in the midst of me loves all men. God in the midst of all others loves me.

All belief in personal dislike is now wiped from my consciousness. All tendency to personal animosity is now erased from my thought. I am established in the love of God, which is above and beyond all personal consciousness.

I see the world as free from the limitations of personal dislike. I see all men unified in universal love. I behold myself as willing to coöperate with all men through universal love.

Henceforth I will settle all personal matters from the standpoint of love. Personal consciousness no longer has power over me.

I am willing to let personal affairs of the past be dissolved through the exercise of divine love. I am willing to place myself and all my affairs in the care of impersonal and universal love.

Be perfected; be comforted; be of the same mind; live in peace: and the God of love and peace shall be with you.—*II Cor. 13:11.*

SATURDAY, JANUARY 7

This is my watchword for today: *The peace of God is mightier than all the turmoil of the world. I am one with God and am at peace with all things.*

I have no part in the turmoil of the outer world. I will not add to the inharmony and chaos of the world. I am unified with God and I live in peace in the inner spiritual realm which knows neither war nor destruction.

I am at-one with the peace of God and I do my part to bring about universal peace. I coöperate with God in bringing the outer world to the standard of the inner. I join myself to spiritual activities and let the principle of peace work in me and through me.

I am ready at all times to be a peacemaker. I know that through my consciousness of peace I have power to put all enmity to flight. Through my command of peace I can cause peace to manifest.

I am at peace with myself. I do not blame myself for deeds of the past. I do not condemn myself for what I have said or done.

My body is peaceful and relaxed. My nerves are quiet and peaceful. Since my mind is at peace, my body manifests peace. Every cell of my body is at peace because God, infinite peace, is at the heart of my being.

Blessed are the peacemakers: for they shall be called sons of God.—*Mat. 5:9.*

SUNDAY, JANUARY 8

This is my watchword for today: *The Spirit of Christ, now active in my consciousness, frees me from disease and mortality. My body is alive with the life of Christ.*

I free myself from every belief which would bind me to physical limitation. I am free from every thought which objectifies disease, weakness, or death. No limited belief about health can limit my physical well-being.

Christ is my life and my health. In Christ there is no disease. In Christ there is no cessation of life, no absence of health.

My body is the embodiment of spiritual ideas. In my body I objectify my ideas of health and perfection. In my body are outpictured purity and wholesomeness.

As I raise myself to the Christ consciousness, my body is raised to perfect health. As I lift myself to behold more and more of spiritual truth, I lift my body to the healing Christ. In the presence of Christ, my body is purified, regenerated, healed, and spiritualized.

My body now expresses the perfection of Christ. In every cell, fiber, and movement of my body I manifest life, strength, and energy of Christ.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies through his Spirit that dwelleth in you.—*Rom. 8:11.*

MONDAY, JANUARY 9

This is my watchword for today: ***Through spiritual judgment I have power to judge and to discriminate. I always know the good and the true.***

Through spiritual judgment I have power to know the true from the false. I know that which is of God from that which is not. Evil cannot appear to me as good. Having divine judgment I cannot be deceived.

I know spiritual thoughts from mortal and carnal thoughts. I can distinguish between that which is from the mind of God and that which is of personal consciousness. I can easily distinguish between good and error, right and wrong.

Divine judgment is now active in all my affairs and all that I think and do is under divine Intelligence and good judgment. I cannot be hesitant in making decisions since I can readily distinguish the way I should go.

I exercise good judgment in taking care of my body and in all matters of health. I am a law unto myself and under no one else's law and opinion as to my health. God in the midst of me is the only law-giver that I recognize.

Exercising good judgment in my conversation and in my relations to others, I avoid misunderstandings.

If I judge, my judgment is true; for I am not alone, but I and the Father that sent me.—*John 8:16.*

TUESDAY, JANUARY 10

This is my watchword for today: *Through my exalted consciousness I enter the kingdom of God. I live in heaven here and now.*

I am free from every limiting thought which would keep me from enjoying perfect harmony (heaven). I am free from every belief that heaven belongs to some other time or to some other place. I know that I can enjoy perfect harmony here and now. I believe that right now I am in the midst of heaven. Heaven is in me and I am in heaven.

In my exalted consciousness I make contact with the four-dimensional world, the world free from belief in space and limitation. In this world, only perfection and harmony reign.

In the kingdom of God I relate myself to all that is harmonious, joyful, peaceful, and loving. I identify myself with all that is Godlike. I unify myself with God.

As I rest in heaven, I see myself freed from every form of limitation. I behold myself free from every adverse and limited thought.

From the standpoint of heaven I see all my friends, associates, and relatives as they exist in God. I see these, too, merging into heaven here and now.

The kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.—*Rom. 14:17.*

WEDNESDAY, JANUARY 11

This is my watchword for today: *I am free from every belief which would separate me from others. I dwell with all men in the unity, peace, and love of Spirit.*

I will not let personal dislikes, differences, and little grievances keep me from enjoying the great universal love and harmony of God. I am willing to let go of every adverse thought which would prevent me from loving others and would hold me apart from the great unity of Spirit. In Spirit I am held by bonds of love to the very heart of God.

I free myself from every narrow belief, every thought which would prevent my enjoying the broad expanse of a complete life. I identify myself with all in the world that is good and noble.

Every confining thought, every deed or practice, which would keep me from the great unity of Spirit is now given up. I am at-one with all men and all things. I am identified with God and with the Christ.

United with all men in the truth, I am joined to them through the power of God. I am willing to let Truth bring me to the hearts of all men. I know that love and peace are mighty to break down all separations and to restore and to maintain perpetual unity.

Through the power of God I am joined to all men in a desire to serve humanity.

Giving diligence to keep the unity of the Spirit in the bond of peace.—*Eph. 4:3.*

THURSDAY, JANUARY 12

This is my watchword for today: *I am not anxious about the future. I am free from worry and care. I live today to the fullest.*

I free myself from all tendency to worry and to be anxious about the future. I know the truth of God and in this truth I am secure from all anxiety. I realize worry cannot help any situation. I am ready to cease personal worry and to rely upon God.

I am secure in the consciousness that God in the midst of me now rules and regulates all my affairs. As long as I keep myself at-one with God, I am unified with that power which is mighty to work miracles.

God does not need the future in which to work. His work is now done. Wiping all belief in time from my consciousness, I am free from all belief that God needs the future in which to work. I know that right now God's work is done and well done.

Unified with God through spiritual consciousness, I behold the work of God now being completed. I behold the fulfillment of my most cherished desires. I behold such evidence of the goodness of God that I refuse to worry again or to look to the future for my blessings.

I live today in the fullest. From today I extract every good which God has in store for me.

Be not therefore anxious for the morrow.—*Mat. 6:34.*

THE FRIEND WHO U

FRANK BLENLARRY

I think that God had me in mind and
The thing for me He best could do, whe
My friend, you u

'Tis sweet to know you see the good and
That I can throw away the mask, just b
Of course, you un

You understand each thing I say: my m
You do not watch my q's and p's, you d
You always und

Somehow, I feel the world would grow mu
A friend who understands, who sing, wh
Like you; you un

WHO UNDERSTANDS

ENLARRY WHITNEY

ind and that He tried His best to find
do, when He made such a friend as you;
, you understand?

ood and that I'm ne'er misunderstood;
k, just be myself, and do my task;
, you understand.

y: my meaning's always clear as day;
s, you do not make me ill at ease,
ays understand.

grow much better, if each one could know
ing, who sees the brighter side of things,
you understand.

FRIDAY, JANUARY 13

This is my watchword for today: *The light of God has scattered the darkness of ignorance and indecision. God in the midst of me radiates light upon my path.*

God at the center of my being is my light and understanding. Darkness, ignorance, and indecision are now put to flight. There are no shadows before me, neither are there obstacles upon my path.

God in the midst of me is my light and understanding. I know that I can lean upon God when I need help. I can rely upon His wisdom when I am undecided or uncertain as to which step I should take.

Trusting in God and in His light, I am free from all fear of darkness—the darkness of an unenlightened consciousness. I am secure in the light and the wisdom that put darkness and shadows to flight.

Trusting in the light of God, I have all the intelligence that I need. The light of spiritual consciousness is shed upon my way, and my feet are guided in the right direction. The Spirit of God ever attends me and directs me into my highest good.

I understand God's will and I am willing to be led into the way which He has chosen for me. There is but one path before me, the way which He has chosen for me, the path which will bring me to success.

Trust in Jehovah with all thy heart,
And lean not upon thine own understanding.
—*Prov. 3:5.*

SATURDAY, JANUARY 14

This is my watchword for today: *I rejoice to practice and to apply the principles of Christ.*

I rejoice to make practical application of the teachings of Christ. I know that the principles of Christ can be applied to all my daily problems and that every situation can be relieved or transformed through my knowledge and through my declarations of Truth.

My religion is practical and scientific. Its laws and principles can be applied to my everyday affairs. Jesus Christ is with me at all times, inspiring me to know more of Himself and to use His divine principles when occasion arises.

I can apply the healing truth of Christ when I need healing. I have faith in the demonstrability of the healing word. On every hand I see evidence that Jesus Christ is at hand, doing just such healing work as he did in the days of the apostles.

I can apply the truth of Christ when I need prosperity. I know that Jesus Christ is even now quickening me to greater prosperity. In his consciousness I am secure from all thought of lack. In this consciousness I am at one with Christ.

Every adverse situation must yield to Christ. When I apply the truth I can know no opposition.

If we live by the Spirit, by the Spirit let us also walk.—*Gal. 5:25.*

SUNDAY, JANUARY 15

This is my watchword for today: *Through the truth of Christ, I am freed from bondage to sin. In Christ I am forgiven and freed.*

I no longer hold myself under the belief that I must reap evil because of some misdeed of the past. I am in no bondage to ignorance or to the mistakes of yesterday.

Knowing the truth of Christ, I unburden my mind of all self-condemnation and of all belief that any law of limitation set into action in the past can operate in my affairs today. In the truth of Christ I have found forgiveness and freedom.

Knowing the truth, I disabuse my mind of every belief which would keep me from expressing my true character. As the son of God I must keep myself free from all belief in limitation, free from every thought which would prevent me from demonstrating Truth here and now.

Christ within me speaks these comforting words, "Neither do I condemn thee: go thy way; from henceforth sin no more." My soul responds, "I accept forgiveness and no longer condemn myself or think of the past."

My mind is cleared of every depressing thought which would keep me from enjoying freedom.

Jesus seeing their faith saith unto the sick of the palsy, Son, thy sins are forgiven.—*Mark 2:5.*

MONDAY, JANUARY 16

This is my watchword for today: *I hold no one in the thought that he has sinned against me. I set each one free in the forgiving love of Christ.*

I am now quickened to the forgiving love of Christ and it is expressed through me toward all people. No one can escape my forgiveness. I do not allow myself to forget any one. Each one receives my forgiveness and is generally forgiven.

I cannot be sinned against because God in the midst of me is above adversity. I am above personal consciousness. I rise to the exalted consciousness in which no one can sin against me or limit me in any way.

I hold no one in the thought of his limitations in the past. I erase from my mind all belief in personal limitations and all memory of misdeeds of the past. I know that right now each one is doing his best. I know that all people are helping me and loving me.

Beholding my fellow man as the image and likeness of God, I know that there is nothing in him to be either condemned or forgiven. I know that as he exists in God so also must he exist in my noblest thought.

Forgiveness now has done its perfect work in me and I have forgiven every one.

I will forgive their iniquity, and their sin will I remember no more.—*Jer. 31:34.*

TUESDAY, JANUARY 17

This is my watchword for today: *I refuse to think of myself as limited in any way. I am the son of God, created in His perfect image.*

I no longer think of myself as the son of disease, weakness, or limitation, or as heir to any of them. I am unlike any of these things because they are unlike God. I do not inherit limitation in any form because as the son of God I inherit His perfection.

I refuse to speak of myself as having any limitations. Knowing the value of constructive and positive words, I will speak of myself as one who is God's son should speak of himself. At all times I will keep before my mind the picture of the perfection of the son of God, for such I am.

I am God's perfect son, perfect in health and in my Father's qualities. I am now able to express the qualities which I have appreciated in mind and in Spirit. The perfect son of God which is in me now comes forth and manifests as the perfect image and likeness of the Father.

The image and likeness of God which has always been in me has never changed. No adverse thought could change or destroy the likeness of God which is innate in me. God in the very midst of me has endured from all time.

God said, Let us make man in our image, after our likeness.—*Gen. 1:26.*

WEDNESDAY, JANUARY 18

This is my watchword for today: *Injustice has no place in me or in my world. I am established in the loving justice of God and all my affairs are justly handled.*

I do not believe in injustice neither do I voice the belief that any one can be handled unjustly. I believe in justice because God is just and God is all in all. I know that in God there can be no injustice. In God, in Truth, man is free from all sense of injustice.

My consciousness is filled with the knowledge that God in His justice is now regulating all my affairs. In this consciousness I can entertain no belief in injustice. I know that justice is of God and that God is in command of all my activities.

I am just in all my dealings with others. No thought of injustice can cause me to be unjust in my relations with others. I know that I cannot profit in any wise through being unjust. I know that another's humiliation cannot bring about my exaltation.

I deny that any belief in injustice can affect me in any manner. I hold steadily to the truth that justice is my portion. I am firmly grounded in justice because I am steadily established in God, the just. I praise the justice of God.

I will sing of lovingkindness and justice. —*Psalms 101:1.*

THURSDAY, JANUARY 19

This is my watchword for today: ***I cannot be alone. The comforting presence of God is ever with me.***

I am free from all sense of loneliness. I cannot be alone because God is ever within me and about me. I am free from all belief that God can be separated from me. Knowing that God is always with me, I cannot be lonesome.

The presence of God inspires and comforts me at all times. There can be no situation in which God is not at hand. All I need to do is simply to recognize His presence and to make myself at-one with Him.

The comforting presence of God relieves me of all sorrow, all sense of loneliness, and all grief over personal limitations. With God at hand there can be no sorrow or adverse thought about me. My mind and my soul are filled with the peaceful assurances of the Spirit and I am delighted and satisfied.

I am never alone when in the consciousness that God attends me. He walks beside me just as a friend would walk with me and go my way. He lifts me up. I rest in His arms.

I am sustained and soothed by the knowledge that, in Truth, I am eternally unified with my Father. My Spirit is buoyed up by the Spirit of God.

In the multitude of my thoughts within me
Thy comforts delight my soul.

—*Psalms 94:19.*

FRIDAY, JANUARY 20

This is my watchword for today: ***Beginning the new year with the Spirit of joy, I am quickened and healed.***

This statement is the Silent Unity healing word to be used from January 20 to February 20.

Each day I begin my life anew. Each day I am renewed and regenerated both mentally and physically. Today, of all days, I am happy and joyful.

God's abundant joy now radiates from the very center of my being and I am absolutely filled with joy. Every cell of my body is awake and joyful. I feel that my body is fairly smiling with joy. I know that in its own way it is smiling and laughing with the joy of health.

The joy of the Lord quickens my mind to joyful thoughts and all that I think is filled with joy. My thought is optimistic and exalting.

My consciousness of joy indicates that my healing is at hand. In the Spirit of joy and health, I am being healed right now. In the Spirit of Christ, the Christ who is healing thousands and thousands day by day, I am healed. In the Spirit of Christ, who is never separated from me, I am made whole and well.

So I sing my song of joy. Naught can keep me from knowing and declaring the truth that Christ is now quickening me to joy and to health.

Joy *cometh* in the morning.—*Psalms 30:5.*

SATURDAY, JANUARY 21

This is my watchword for today: *Rich in the consciousness of my inner spiritual resource, I have all-sufficiency in all things.*

This statement is the Silent Unity prosperity word to be used from January 20 to February 20.

I dwell in the consciousness of rich ideas. I have found the kingdom of God and His righteousness within me. Abiding in these spiritual resources, I am rich in spiritual ideas. Through this rich consciousness I find that all things are added unto me.

My consciousness of my inner resource draws to me abundance from every direction. I know that God is able to make all grace abound unto me and that I always have all-sufficiency in all things. Even as in the inner kingdom I can know no lack, so in the world about me I recognize no absence of God's bounty.

In the inner kingdom I prize wisdom, love, joy, and health. In the outer these attract to me all the manifest blessings.

Rich in God, I am rich in all that God possesses. Rich in consciousness of spiritual opulence, I am rich in all that I need in the material world. All about me is abundance, the wealth of God, my own prosperity. I can know no lack henceforth because God within me is my source of supply. God is my instant and constant supply.

Our sufficiency is from God.—*II Cor. 3:5.*

SUNDAY, JANUARY 22

This is my watchword for today: *I am willing to do my part in coöperating with God.*

In demonstrating Truth I am willing to do my part. I make myself an open channel through which the life and the health of God come forth. I anticipate health and I see it spring forth as my own perfect health.

As God extends a helping hand to me, I extend my hand. As God draws near to me, I draw near to Him. As He in His bountiful blessings approaches me, I draw near to Him, ready to appropriate and to receive.

I am not lazy or indifferent in my prayers or in my spiritual activities. I do not expect God to do all the work. I do expect to be the agent through which God works and I make myself ready at all times to do His bidding.

God works in and through me at all times. Without me God would have no way of operating in my affairs. With me as His representative He can carry out His ideas unhindered. In me God can find no barrier to His perfect expression. In me He can manifest Himself perfectly.

There is no resistance in me to spiritual things.

He saith unto the man, Stretch forth thy hand. And he stretched it forth; and his hand was restored.—*Mark 3:5.*

MONDAY, JANUARY 23

This is my watchword for today: ***Freed from the belief that I can be weak, I lay hold of my divine birthright—indomitable strength.***

I clear from my consciousness all belief that I can be weak. I know that I cannot lack in strength. I know that my thoughts are now under divine discipline and that they are charged with the strength of the Infinite.

Thoughts of weakness are now replaced by thoughts of God, omnipotence. Instead of thinking of myself as incapable, I know myself as able to do all things through the might of God within me. I recognize nothing as too strong to be overcome by the strength of God now manifesting itself in me.

Strength of God stimulates and strengthens my mind, and my thoughts are strong and powerful. I do not waver in my thinking. I do not tire mentally because God cannot know mental fatigue.

My body outpictures the strength of God in the midst of me. Every cell, nerve, and muscle is filled with strength, now issuing from God. I am an open channel through which this mighty strength comes forth.

I am strong and courageous to do the task that presents itself to me. I do not waver in my duty.

Now therefore let your hands be strong, and be ye valiant.—*II Sam. 2:7.*

TUESDAY, JANUARY 24

This is my watchword for today: *Conscious that God lives in man, I look past man's seeming limitations and see only God, the good.*

The appearances of evil no longer deceive me. I know them for what they are: delusions and deceptions. I am not deluded by the belief that man can be evil or that he can fail to express the divinity of God existing within him.

Back of the appearance of disease, I behold the wholeness and health of God. Beyond the appearance of weakness, I can see strength manifesting.

I can meet the appearance of hate or personal animosity with the consciousness that only love and good will are real. These are the eternal verities of God and all else must give way to the expression of God as love.

Through the eyes of Spirit I have power to see the presence of Spirit. I am able to look past the mist and fog of personal limitations and behold the presence of the Christ. I can cling steadily to the truth of another's divine birthright even though that one may fail to see himself as like God.

My vision is cleared of all limited beliefs and I see myself and others as God would have me see.

Jehovah seeth not as man seeth; for man looketh on the outward appearance, but Jehovah looketh on the heart.—*I Sam. 16:7.*

WEDNESDAY, JANUARY 25

This is my watchword for today: ***I recognize no god but God, the good. God governs my world and it is filled with good.***

I do not believe in powers of evil. I do not believe that evil has power. I know that God, the good, alone is powerful. God is omnipotent.

I do not believe that any person has power over me or power to limit me in any respect. I do not make a god of personality or of personal consciousness. I do not fear the power of others because God, the good, alone has real power.

Freed from the belief in many gods, I can be loyal to one god. Freed from the thought that disease, or fear, or other persons can have power over me, I am true to one power, God the omnipotent.

My mind, body, environment, and affairs are ruled by God, the good. Nothing detrimental to my highest good can operate in me or in anything that belongs to me. The omnipotence of God annihilates every adverse thought, every manifestation of disease, inharmony, or failure.

I believe in one god. I am true to God, the principle of Truth. All my words, thoughts, and deeds attest to this truth: God is all in all.

Only God, the good, is true. That which is true of God is true of me, His son.

I am Jehovah, and there is none else; besides me there is no God.—*Isa. 45:5.*

THURSDAY, JANUARY 26

This is my watchword for today: *The truth of God has released me from the belief that I can lack life. I am always animated by the life and vitality of Spirit.*

My understanding of the truth of life fills my consciousness with life and I am free from every belief that I can lack energy or vitality. I am free from all thought that I can be separated for one instant from God, the Source of life and even life itself.

Within me abides God in His healing life. I will not permit any adverse thought to keep this life from expressing itself in me. My mind is free from every belief that my life can be limited in any way.

God is a fountain of healing life within me. This life flows in healing streams to every part of my being, cleansing every belief and manifestation of stagnation and disease. I am literally purified through the operation of the cleansing stream of God's life.

I have sufficient energy and vitality for every demand. No task can tire me or be too great for the ever-increasing life of God within me.

I am always animated with the Spirit of living. I enjoy living life to the fullest extent. I rejoice to partake of the many blessings of life. I am alive forever in the life of God.

Understanding is a wellspring of life unto him that hath it.—*Prov. 16:22.*

FRIDAY, JANUARY 27

This is my watchword for today: *I will neither fear nor despair. God is mighty to deliver me from any undesirable situation. God is my sure deliverer.*

I will not lose hope. I cannot know defeat, neither can I be bound to undesirable conditions. My soul has perceived the light of freedom and my escape from limited conditions is certain.

My environment is God. I can remain only in an environment of peace and harmony, only in one which is filled with blessings. God lives in me and I live in God. The harmonious presence of God fills my environment with harmony.

God is always at hand when I need help. Before I call to Him, He answers me. Every desire for help is answered. My father never fails me.

Knowing the truth that God is right at hand, I cannot doubt His power to relieve me of every adverse situation. I cannot doubt my Lord. I cannot believe that His arm is shortened or that He is unable to come to my aid.

The truth of God is sufficient to give me the key to every situation. Knowing Truth, I have the means whereby I can be delivered from adversity and limitation. Truth is ever my friend.

He will deliver thee from the snare of the fowler . . . He will cover thee with his pinions.

—*Psalms 91:3, 4.*

SATURDAY, JANUARY 28

This is my watchword for today: *I drop from my mind all memory of adverse experiences. My memory of good things is always keen and alert.*

I erase from my mind all memory of unpleasant experiences. Nothing of the past which is adverse can retain a place in my memory. I do not live in the past.

I remember the good because good continues to be expressed in my life. I remember the good experiences of the past because I remember every evidence of the goodness of God. My memory of good is not of the past but of the eternal. God, the good, is ageless and timeless.

My memory is always clear and alert because my mind is unified with the mind of God. I can easily call to mind the memory of deeper things of God. I can recall revelations of life, truth, and love.

I do not think of myself as forgetful. I do not forget the things worth while. I do not speak of myself as having a poor memory. I know the truth that my mind and my memory are clear and alert.

Every blessing which comes to me reminds me of God. Every good thing which appears calls to mind the goodness of my Father.

They shall utter the memory of thy great goodness,
And shall sing of thy righteousness.

—*Psalms 145:7.*

SUNDAY, JANUARY 29

This is my watchword for today: *I do not disclose the deeper things of God which are revealed to me. I keep my own counsel.*

I find that God discloses to me many things that I need not mention to other persons. I avoid personal criticism by not revealing the deeper things of God to those who would not understand them.

I enjoy the secret things of Spirit and I am able to keep to myself that which is disclosed to me. I am always ready, however, to aid and serve another and to give him such instruction as will be of service to him.

If I discover another's faults or shortcomings, I am very careful not to mention these to another person. I can help another to overcome his limitations by meeting these with strong declarations of Truth.

I do not betray another's confidence. I am always true to the confidence which is placed in me when another confesses his faults or confides his secrets to me.

I keep my own counsel. I do not disclose my plans until they are properly formulated. I do not reveal the things which Spirit is working out in my life unless it is necessary for me to do so.

I know the deeper lessons of the silence and I can be silent when it is necessary for me to be silent.

Jesus saith unto him, See thou tell no man. —*Mat. 8:4.*

MONDAY, JANUARY 30

This is my watchword for today: *I do not attribute power to any personality or to any external thing. God in the midst of me is greater than anything of the outer world.*

I do not think of anything in the outer world as having power to affect or to influence me in any way. I do not believe that persons or things can deprive me of my highest good.

I free myself from all belief in bad luck. I am liberated from all belief that external things in any wise can be against me. I set myself free from the thought that the position of the planets, the weather, contagions, or other external things and conditions can limit me.

I rest in the full assurance that God within me is mightier than all else. I know that God is greater than any limiting belief. I pledge my full allegiance to God and I am one with His might.

As I meditate upon the power of God within me, I think less and less of external limitations. As I increase in knowledge of God, I decrease in ignorance and in the superstition and belief that things can injure me.

Meditating upon God causes the very power of God to increase in me. As I increase in consciousness of God so does my power to overcome increase.

God is greater than man.—*Job 33:12.*

TUESDAY, JANUARY 31

This is my watchword for today: *My eyes are now free from the belief that in any way I can be limited in my seeing. My vision is spiritual because my eyes are God's eyes.*

The truth of God frees me from any tendency to think that I am limited in perceiving Truth. Knowing Truth, I also know that God has given me power to perceive it and to behold all things in Truth.

My spiritual vision now expresses itself in the manifest and my physical eyes are spiritually illumined. All weakness, cloudiness, and strain are removed from my eyes and I have perfect eyesight. The same Christ who restored sight to the blind is now healing and strengthening my eyes.

All tension is removed from the muscles and the nerves of my eyes because Christ as peace is now present in them. Christ as harmony has harmonized every cell in my eyes. All strain has left them; harmony and strength reign supreme.

My ability to see clearly increases as I more clearly behold Christ, the truth. Seeing God everywhere causes me to see more of God. Looking for good, I have power to behold more good.

I bless my eyes each day and free them from all thought of condemnation and limitation.

The commandment of Jehovah is pure, enlightening the eyes.—*Psalms 19:8.*

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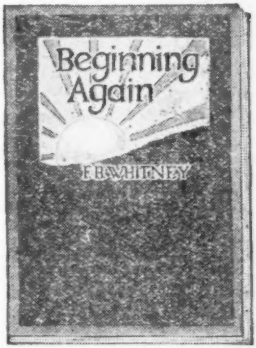

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